

Water Safety Instructor Course

Dates:

Wednesday, May 10, 5:30 - 8:30 pm

Friday, May 12, 5:30 - 8:30 pm

Saturday, May 13, 9 am - 5:30 pm

Wednesday, May 17, 5:30 - 8:30 pm

Friday, May 19, 5:30 - 8:30 pm

Saturday, May 20, 9 am - 5:30 pm

Sunday, May 21, 9 am - 5:30 pm

COST:

\$20 Deposit

(nonrefundable)

Payable to: City of Chula Vista

\$60 Class Fee

(After Prerequisite Skills Test)*

Payable to: City of Chula Vista

\$66.75 Materials Fee

Payable to: American Red Cross

These materials **MUST** be purchased prior to the first day of class. Contact your local American Red Cross for the materials, or call (877) 454-7229 for the location nearest you.

Walk-in Registration

Parkway Pool

Online Registration

www.chulavistaca.gov/rec

Click on "Online Registration" and follow the screen instructions.



Activity #7910.287



**American
Red Cross**

Parkway Pool

385 Park Way

Chula Vista

For more information

call **(619) 691-5140**

Prerequisite Skills Testing*

The following skills will be evaluated at the Level IV skill level:

1. Demonstrate swimming skills consistent with the Stroke Performance Charts, Level 4, by swimming the following strokes:
 - Front crawl -- 25 yards
 - Back crawl -- 25 yards
 - Breaststroke -- 25 yards
 - Elementary backstroke -- 25 yards
 - Sidestroke -- 25 yards
 - Butterfly -- 15 yards
2. Maintain position on back 1 minute in deep water (float or sculling).
3. Tread water for 1 minute.
4. Proof of years of age by last day of class.

For further information on skills testing contact the Instructor Trainer, Frank Carson, (619) 691 - 5140.